Locomotion conditioning - once more

We are going to use the Locomotion conditioning routine once again today. Its been a while.
Try to advance in the type of walks you use, going from the beginner to the intermediate or intermediate to advanced, but only if you are ready and up to it.

Locomotion Workout Beginner

LOCOMOTION CONDITIONING ROUTINE BEGINNER

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

B1. Walk While Swinging Into Handstand 12 meters
B2. Duck Walk 24 meters
B3. Static High Bridge Hold for 30 seconds / Front Bridge Walking for 12 meters
B4. Horse Walk 24 meters
B5. Lizard Walk (beginner variation) 12 meters
B6. Ostrich Walk 24 meters

Rest 120 seconds after B6 and repeat 3-5 total circuits

Locomotion Workout Intermediate

LOCOMOTION CONDITIONING ROUTINE INTERMIDIATE

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

B1. Handstand Walk 12 meters
B2. Duck Walk 24 meters
B3. Front Bridge Walking for 12 meters
B4. Horse Walk 24 meters
B5. Lizard Walk (Advanced variation) 12 meters
B6. Ostrich Walk 24 meters

Rest 90 seconds after B6 and repeat 3-5 total circuits

Locomotion Workout Advanced

LOCOMOTION CONDITIONING ROUTINE ADVANCED

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

B1. Handstand Walk Elbow To Knee 15 meters
B2. Duck Walk 30 meters
B3. Back Bridge Walking for 15 meters

B4. Horse Walk 30 meters
B5. Lizard Walk (Advanced variation) 15 meters
B6. Ostrich Walk 30 meters

Rest 75 seconds after B6 and repeat 3-5 total circuits